Kentucky School of Alcohol and Drug Studies

Presents

Integrating Spirituality and Therapy to Help Clients Recover

Presenter

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Definition of Key Terms

Religion

A shared belief system that has doctrine, communal practices, and rituals.

An organized system of faith that often includes a belief in and worship of God, traditions, and prescribed rituals.

Religion Continued

Set of beliefs concerning the cause, nature, and purpose of the universe, especially when considered as the creation of superhuman agency or agencies, usually involving devotional and ritual observances and often containing a moral code governing the conduct of human affairs.

Religion Continued

A belief in, and reverence for, a supernatural power or powers regarded as creator and governor of the universe.

Spirituality

The dimension of human experience(s) that enables an individual to experience connectedness, inspiration, hope, transcendence, meaning, purpose, and value in life.

Spirituality Continued

The force of life represented by such images as breath, wind, vigor, and enthusiasm. It is the capacity to move toward love, peace, joy, meaning, hope, transcendence, connectedness, and compassion. It includes the person's capacity for creativity, growth, and wholeness.

Spirituality-integrated Psychotherapy

An approach to therapy that acknowledges, addresses, and integrates the spirituality of the client and the spirituality of the therapist into the process of change.

Why Focus on Spirituality in Therapy

- 94% of Americans believe in God
- Nine out of ten adults in America pray
- 97 percent of those who pray believe prayers are answered
- 80 percent believe that miracles occur
- 40 percent report having had a lifechanging spiritual experience

Why Focus on Spirituality in Therapy Continued

- 2/3 of Americans prefer to see a therapist who holds spiritual beliefs
- 81 percent of clients prefer a counselor who integrates spiritual values and beliefs into his or her work

Why Focus on Spirituality in Therapy Continued

- The majority of clients prefer a therapist who welcomes and respects their spiritual orientation
- Clients are more likely to refer their friends and relatives to therapists who support their religious and spiritual beliefs

Sources: Sperry, 2012 & Kahle & Robbins, 2004

Spiritual Crises and Emergencies Addressed in Therapy

- Trauma
- Childhood abandonment
- Toxic shame
- Addiction

- Losses/grief
- Suicide
- Disillusionment with the church
- Internalized homophobia
- Religious burnout

- Depression
- Fatherlessness
- Medical illness
- Mental illness
- Life transitions- "Now what?"

- Oppression
- Resentments
- Personality disorders
- Unemployment
- Religious abuse and religious addiction

Religious Abuse

Religion was used to shame and control the child's every want, wish, need and desire.

Religious Addiction

Religious addiction can be described as a disease similar to alcoholism. Some of its symptoms include increased compulsivity, loss of control and continuation of the religious activity in spite of major life consequences.

Who is Vulnerable?

- Chemically dependent clients and their family members
- People fleeing enmeshed family systems
- Adults who were religiously abused as children
- The sick, elderly and bereaved
- Perfectionists
- Individuals filled with the shame

Early Stages

- Ordinary religious or spiritual lifestyle
- A crisis occurs

- Excessive church going
- Loss of control begins

Middle Stage

- Increased use of the church to avoid problems
- Thinking the world/the body is evil
- Excessive financial contributions
- Sneaking church attendance
- Sexuality is perceived dirty
- Starvation in the name of fasting
- Strong judgment of others
- Isolation

Late Stage

- Loss of jobs
- Deterioration of relationships
- Obsession with religious practices increases
- Depression, trances, suicidal thoughts, psychosis

- Secondary PTSD
 - Loss of hope
 - Loss of energy
 - Loss of enthusiasm
 - Spiritual distress

Clinical Approaches That Include The Spiritual Dimension

Yalom's 11 Curative Factors of Group Therapy

- University-"I am not alone"
- Installation of hope
- Altruism
- Cohesiveness
- Interpersonal learning- insight into how my behavior distances me from other people
- Existential factors- the meaning of life

Logo Therapy- Victor Frankl

Logo Therapy

Definitions

A form of psychotherapy than emphasis meaning/purpose.

A therapy that helps clients discover their purpose. It is derived from the Greek work "logos," which means "purpose."

Developer - Viktor Frankl

"You can take everything away from a person except for one thing: the freedom to choose how they will respond to whatever horrible circumstance they find themselves in."

Viktor Frankl - Third Viennese School of Psychotherapy



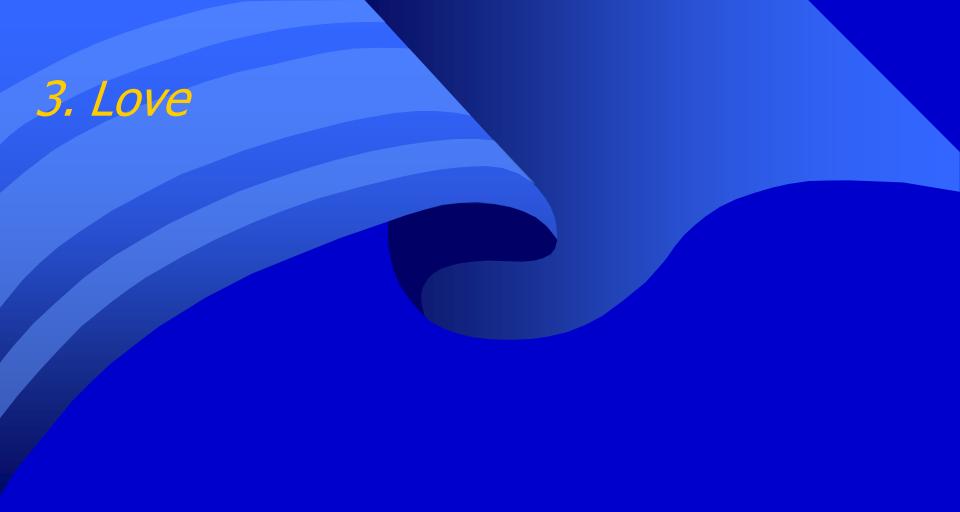
Statue of Liberty

11 Things That Give Life Meaning

1. The attitude that one takes toward unavoidable suffering

2. Meaningful work





4. "Doing the will of God"



Ruby Bridges

5. Taking a stand



Rosa Parks



Malala Yousafzai



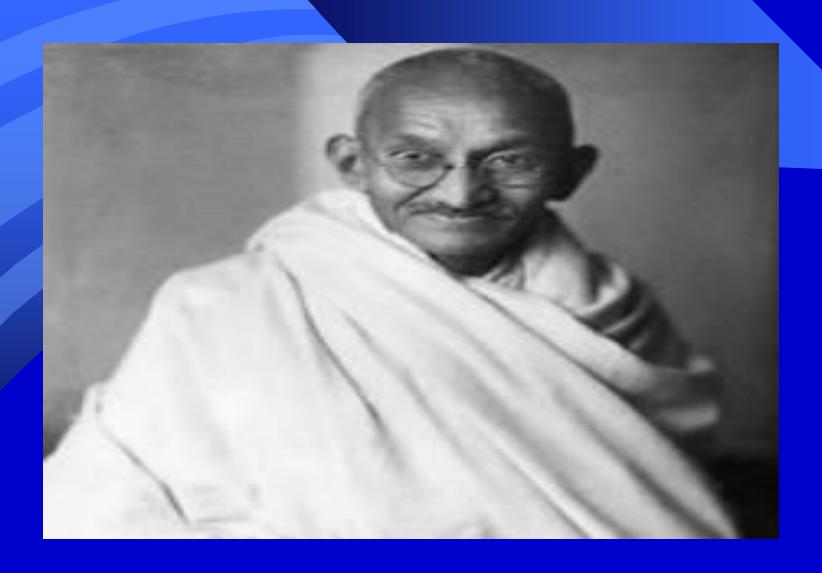




Winston Churchill



Nelson Mandela



Ghandi

7. Helping others

8. Creativity — Using your artistic gifts to make the world a better place



Bob Hope



Stevie Wonder



Bono and Chris Tucker



Oprah

9. A life-changing experiential journey

10. Near death or reactions to death

11. Looking out for the next generation

Mindfulness meditation

Trauma-based psychotherapy-Judith Herman

- Victim
- Survivor
- Thriver- finding a trauma mission

Feminist psychotherapy

- Empowerment of women
- Connection with other women
- Acknowledging and protecting the importance of relationships in women's lives

Solution- focused therapy

Feedback-informed therapy

- The importance of the therapeutic alliance
- A greater predictor of outcomes than
 - o DSM diagnosis
 - o Treatment Planning
 - Theoretical approach
 - Educational degree or non-degree

Person-centered mental health treatment

- Goal-to help clients achieve a meaningful life
 - Wellness strategies freely chosen by the client
 - Supportive employment
 - Connection with peers

Spiritually-influenced cognitive behavioral therapy---To challenge cognitions that can lead to selfdestructive behavior, i.e., "God hates me"; "No one could possibly love me as I am"; "God expects me to be perfect"; "I am the worst of the worst."

Breath work

12-step facilitation

Peer-based recovery support

- Native American Wellbriety Movement
- JACS-Jews Who are Alcoholic and Chemically Dependent and Significant Others
- African American Faith-based drug Ministries
- Quantum Recovery
- Celebrate Recovery

Conducting A Spiritual Assessment

The Hope Model

H-Source of hope, meaning, comfort

- What are your sources of meaning, comfort, strength, peace, love and connection?
- What do you hold on to during difficult times?
- What sustains you, keeps you going?

O- Organized religion

- Are you a part of a religious or spiritual community? Does it help you? How?
- What aspects of your religion are helpful to you and not so helpful to you?

P- Personal spirituality and practices

- Do you have any personal spiritual beliefs that are independent of organized religion?
- What aspects of your spirituality practices do you find most helpful to you personally?

E- Effects of the presenting problem

- Have the challenges you are addressing in counseling affected your ability to do things that usually help you spiritually?
- As a counselor, is there anything I can do to help you access the resources that usually help you?

Performing an Extended Spiritual Assessment

- 1. What was the spiritual tradition of your parents? Were they strict or lenient in their beliefs?
- 2. What effects do your parents' spiritual traditions have on you today?
- 3. What were your parents' most important spiritual beliefs? Did they pass these on to you? If yes, how?

Performing an Extended Spiritual Assessment Continued

- 1. Have you kept your parents' religious/ spiritual beliefs, or have you developed your own or a combination? How has your spiritual orientation changed since your upbringing? What is the reason it changed? Were there events or experiences that led to the change?
- 2. Do you have a current religious or spiritual affiliation? If yes, what are its major beliefs or values?

God and the Presenting Problem

- Is there a God?
- How does God view you?
- How does God view your addiction?
- How does God view imperfection?
- Where is God when people suffer?

When Spiritual Interventions May Be Indicated

- In counseling, the client asks to address spiritual issues.
- The client specifically asks for spiritual interventions to be incorporated in the treatment plan.
- The client has the capacity to consent to spiritual interventions.
- The spiritual issue or concern is related to the presenting problem.

Ethical Considerations

Possible Contra-Indications

- The client is actively psychotic.
- The client is extremely paranoid.
- The client has expressed a lack of interest in spiritual and religious matters being a part of the treatment plan.
- The organization forbids the use of spiritual practices in counseling.
- The counselor lacks culturally competent, spiritual sensitivity.

Interventions

- Prayer
- Meditation
- Forgiveness work
- Charitable work
- Volunteerism
- Yoga

Interventions Continued

- Gratitude journal
- Teaching relationship skills
- Helping clients discover their purpose
- The use of spiritual/ religious quotes
- Homework
- Relaxation tapes

Interventions Continued

- Stress management
- Adventure therapy
- Referring clients to spirituallybased mutual aid groups
- Referring clients to indigenous community healers

Ways Therapists Can Support Clients' Spirituality

- Examine your own beliefs regarding spirituality and religion
- Become aware of the impact that your beliefs have on the therapeutic relationship
- Respect your client's spiritual and religious beliefs
- Consider how you will respond to clients who ask you your spiritual or religious views
- Be willing to challenge client's beliefs.

Ways Therapists Can Harm

- Debating doctrine
- Assuming that clients of your same religion share your same spiritual beliefs
- Not exploring spiritual matters important to the client
- Trying to rescue God

Ways Therapists Can Harm Continued

- Believing that you have divine knowledge
- Countertransference reactions
- Premature spiritual interventions
- Blurring boundaries

Case Vignettes

- 1. You sense that a client is not opening up to you because of current and historic tension between yours and the client's religious group. What do you do?
- 2. A client asks you to pray for her during a session. What do you say? What do you do?
- 3. A client who is atheist asks you to, "Tell me about God." As his therapist, what do you say?

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